

MINUTES
DISTRICT V
AGING & NUTRITION SERVICES ADVISORY COUNCIL
OCTOBER 27, 2009
KANAB, UT

MEMBERS IN ATTENDANCE

Commissioner Clare Ramsey
Clem Griffin
Joyce Griffin
Judy Henrie
Pauline Prince
Commissioner Dan Heaton
Joyce Ross
Wallace Gibson
Ila Mae Swapp
Tamara Atkinson
Sharon Ott

REPRESENTING

Garfield County
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Garfield County Advisory
Kane County
Kane County Advisory
Kane County Advisory
Kane County Advisory
Washington County Advisory
Washington County Advisory

MEMBERS NOT IN ATTENDANCE

Mary Schaidt
Sharon Griffiths
Millie VonRitchie
Norma Foster
Roy Urie (by phone)
Doug Maxwell (by phone)
Vern Kupfer (by phone)
Arlen Grimshaw, Chair (Excused)
Hazel Jean Robinson (by phone)
Mary Stevens (Excused)
Kaye Reese (Excused)
Gayle Rohde (Excused)

Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Beaver County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Iron County Advisory
Kane County Advisory
Washington County Advisory
Washington County Advisory

OTHERS IN ATTENDANCE

Pamela McMullin (By phone)
Donna Chynoweth
Connie Lloyd (By phone)
Fayann Christensen (voting for Mary Stevens)
Rhonda Gant
Doyle Swallow
Renee Pace
Michelle Ross
Christine Holliday (voting for Kay Reese)
Beth Cottam
Carolyn Moss

Beaver County Coordinator
Garfield County Coordinator
Iron County Coordinator
Kane County Coordinator
Kane County
Kane County
Kane County
Kane County VISTA
Washington County Coordinator
Five County Association of Governments
Five County Association of Governments

**MINUTES
DISTRICT V
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OCTOBER 27, 2009
KANAB, UTAH**

I. WELCOME AND INTRODUCTION

Ms. Tamara Atkinson, Vice Chair, conducted the meeting and welcomed those in attendance. Several members of the council were excused and others attended the meeting via telephone. Because the meeting was not advertised as an electronic meeting, these members were not able to vote on motions; quorum present. Introductions of new advisory council members from Garfield County were made.

II. MINUTES JULY 28, 2009

Mr. Arlen Grimshaw requested a motion to accept the minutes of July 28, 2009 with the addition of Ila Mae Swapp who was in attendance but not listed.

**MOTION WAS MADE BY MR. CLEM GRIFFIN TO APPROVE THE MINUTES OF
WITH THE ABOVE NOTED ADDITION. MOTION SECONDED BY MS. JOYCE ROSS.
MOTION CARRIED UNANIMOUSLY.**

III. LOCAL SHARING

Fayann Christensen - Kane County

- Senior Center in Orderville is not serving meals at the present time. The Kanab Center is serving Home Delivered and Congregate Meals to residents in that area. Part-time cooks have been hired to help; the meal count for the County has remained the same.
- Both centers have provided transportation for shopping trips.

- Hand sanitizer dispensers have been placed in each Center.
- Wii bowling competition - challenged other centers

Donna Chynoweth - Garfield County

- Elected 4 new board members for Garfield County.
- Each center provided pre-election information on candidates running for office.
- Panguitch Center took a trip to Pipe Springs.
- Buses are available and in use to provide transportation to doctor appointments, shopping, etc.
- Numbers are continuing to go up in Panguitch.
- Lynn McGuire, volunteer, conducts an exercise program for center.

Christine Holliday - Washington County

Ms. Holliday reported on each Center's activities as follows:

St. George Center

- Numbers are beginning to pick up again now that snowbirds are back.
- New salad bar/buffet is working well in St. George. Hurricane center will provide a self-serve salad bar occasionally at their center. This new buffet has cut down the waste.
- County has provided bottles of hand sanitizers throughout each center; are available at the beginning of each lunch line.
- Seasonal flu vaccines provided at centers.
- Because of budget cuts, a fundraiser will be held in March - a health fair extravaganza. The St. George center is preparing a cookbook to raise funds for the centers.
- Wii bowling is available at all centers and at the Springdale meal site.
- Annual Christmas Boutique fundraiser- December 1-18, 2009 at the St. George Center.
- VISTA volunteers are available at the centers to help with Medicare D, food stamps applications, etc.
- Hurricane Center participated in the annual Peach Days celebration, attended the Corn

Fest, and provides weekly trips to St. George. The Enterprise Center participated in the 24th of July Parade and the Corn Fest; provides weekly trips to St. George, etc.

- Activities at the St. George center are well attended - rooms are busy in the afternoons with card playing, exercising, etc.
- Ms. Holliday has adapted the SafeServe training for supervisors and staff at the center to make sure that proper hygiene and safety procedures are practiced.. This information is available to all coordinators..

Pam McMillan - Beaver County

- Centers in Beaver County have been very busy and the numbers have increase.
- Annual Minersville bazaar was a great success.
- AARP representative provided information on driving classes.
- A favorite activity at the centers is tai chi; always have a great turnout.
- New cook has been hired for Minersville Center; new triple-sink.
- Centers continue to provide activities; and residents from all over the County participate at each center. Each center has been decorated beautifully for fall, providing an inviting atmosphere.

Connie Lloyd - Iron County

- Blood pressure and blood sugars checks and AARP driving classes were provided at both the Cedar and Parowan Centers.
- Halloween celebration - served 70 people - There was a cake walk and the Emerald Pointe kazoo band entertained. Looking forward to Veterans Day and Thanksgiving celebrations.
- A chilli cookoff was held; only one entrant, but everyone had a great time, and they will be doing it again.
- The Parowan center is in need of a new shed; getting a new power sprayer to assist with cleaning pans; Parowan City provided sewer cleaning for the center; Meals on

Wheels truck is on last leg; should be getting a new one in 3-4 weeks.

- The Cedar City center replaced the tile on the stage; has a new grease trip, and the quilters have completed a quilt that will be raffled (tickets are available).
- A volunteer luncheon was held in conjunction with the the RSVP Program; 27 in Parowan and 32 in Cedar City.

IV. CENSUS 2010

Mr. Daniel Pacheco discussed the importance of the 2010 Census and that our area is below 68% in reporting. The information collected from the census workers is confidential and cannot be shared with anyone. This census is focusing specifically on the senior population, and can only count those living in the United States - does not include missionaries or US citizens who reside overseas.. He presented the video "Portrait of America" to encourage the council to advocate for this program. This video can be viewed at www.census.gov.

V. OMBUDSMAN

Ms. Carolyn Moss discussed the LTC Obmudsman program and what the role of the obmudsman is: to advocate for residents of LTC facilities who are over 60 years of age. Currently there are three certified ombudsman in the Five County area; Ms. Carolyn Moss, Ms. Jennie Cerrito, and Ms. Susan Swapp. A training will be held in St. George in November for non-certified ombudsman (volunteers) to assist with this program. Referrals regarding concerns for residents can be made directly to Ms. Moss by calling (435) 673-3548. Concerns for residents living at home should be referred to Adult Protective Services.

VI. NUTRITION PROGRAM

Ms. Beth Cottam reviewed the function of this Council and the importance of each committee member and thanked each member for participating. Revenue from programs are used to help seniors be actively involved in community activities. Volunteering promotes good mental and physical health. People who serve others maintain these attributes and assist

others gain theirs.. Nutrition Program is a Older Americans Act (OAA) program and is specific to those who are 60 and older. There are requirements for eligibility for those who received Home Delivered Meals. Specific Nutrition Rules that must be followed.

1. Charlotte Vincent Monitoring
 - a. Copy of State On-Site Monitoring Tool was distributed. Centers who were monitored should complete this tool. If questions on how to respond to specific questions, contact Ms. Cottam. Ms. Gloria Johnson, our area dietitian, has been asked to complete this tool annually for each county. Ms. Cottam distributed monitoring list that Kane County uses to assist with the distribution of Home Delivered Meals in this area; an be adapted for each county.
 - e. Additional information was distributed to each county coordinator. Ms. Cottam reminded coordinators to document all that they are doing in their centers.
2. Budget Information
 - a. It is anticipated that there will be at least a 5% cut from all program for FY 2011.
3. Equipment Needs
 - a. There is \$2,000.00 available to each county for the purchase of equipment. Requests for this equipment should be prioritized and submitted to Mr. Bob Rasmussen.
4. VISTA Support
 - a. Each county has received new VISTA support to assist with Medicare D, HIIP, Nutrition Education, promote health & wellness in seniors, assist with annual risk assessment for home delivered meals, etc. Ms. Cottam encouraged coordinators to use these volunteers.
5. ESHA Menu Analysis
 - a. This new program is now online and working. Contact Ms. Gloria Johnson for access information.

VII. FORMAL TRAINING

Ms. Beth Cottam reviewed training and information that centers provide to their areas and suggested developing a list to be used for all areas. This training is “formal training” and should be reported in the NAPIS system. The following training has been provided in our area: Health & Safety presentations; Community newsletters; Red Cross, Primary Children’s Hospital (Defibrillator, CPR, and First Aid Training); USU Extension Officer presentations; AARP Driver’s Training; UDOT training videos for wheelchair lifts; ServeSafe Certification, formal and informal; Weekly Health Tip included with Home Delivered Meals; Five County AOG National Caregiver newsletters and quizzes; OSHA Safety videos; Questionnaires with Nutrition Information.

VIII. HARMONY TRAINING

An on-line training for the new NAPIS reporting system, SAMS, will be on November 5, 2009 from 9 a.m. to 3:30 p.m. County Coordinators were asked to contact Ms. Moss to get their User IDS and passwords.

IX. OTHER BUSINESS

- Next meeting to be held on Tuesday, January 26, 2010 at the St. George Center.

XI. ADJOURN

Ms. Tamara Atkinson again thanked the council for attending the meeting and assisting with this program, thanked Ms. Renee Pace and the Kanab Center staff for their hospitality and great lunch. The Meeting was adjourned at 2:00 p.m.